

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01140, Egg, quail, whole, fresh, raw

Report Date: December 09, 2015 18:19 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	74.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	158	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	663	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	13.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	11.09	--	0.243	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
<b>Minerals</b>													
Calcium, Ca	mg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	3.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	132	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Zinc, Zn	mg	1.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	32.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	1.761	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	263.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	156	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	155	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, beta	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Cryptoxanthin, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin A, IU	IU	543	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lutein + zeaxanthin	µg	369	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	1.08	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Vitamin D	IU	55	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	3.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.053	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.666	--	0.076	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.838	--	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	4.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.473	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	3.851	--	0.156	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.940	--	0.081	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.044	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.122	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.641	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	0.881	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.421	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.311	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.737	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	0.543	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	0.940	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.835	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.315	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.762	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.294	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	1.662	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.434	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	0.518	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	0.992	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/1988
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003